



AIRMID & BRIGHID

SAFETY FIRST



Safety

Safety is key. What is safety?

There are a few safety measures you need to take when working with your dog, perhaps better: safety instructions:

1. Always work on a non slippery floor: If you have no choice but to work inside make sure you use a runner with a non-slip underlay or a thin yoga mat. Rubber puzzle pieces are also okay as long as they are not too thick
2. The equipment you use must also be non-slip. You can buy special fitness equipment or make your own, but be sure those are stable, non slippery and strong/firm enough for your dog to work on.
3. For steps, cushions or such not to slip on your floor you can place them against firm furniture or against the wall etc. This depends on the type of exercise you are going to do.
4. Children are allowed to assist, but must always do so under supervision of a grown up that has had instructions. They should not be allowed to show friends the "tricks" their doggie friend can do
5. Always keep an eye out for signs of fatigue or pain. Even if your dog is familiar with the exercises. If your dog wants to stop -> STOP (see flyer about fatigue and pain)
6. Good posture is key in safe execution of the exercises
7. Is your dog in pain -> STOP



What to do when your dog has sore muscles or remains tired for a longer period or time

If your dog has prolonged sore muscles after a session, the exercises might be too much. In that case there are several things you can do:

1. First contact me
2. Slow down and do less sessions a day
3. Less sets per sessions
4. Less repetitions per exercise
5. Go one step back in difficulty
6. Add a day of rest extra
- 1.



Work in a safe environment, with safe equipment and be aware of signs of fatigue and pain

So

Your dog is partner and can decide if she had enough

Never allow kids to work with your dog when unsupervised